

Welcome to Move for Mind 2024!

Thank you for choosing to take part in Move for Mind. We can't wait to see you move! On this sheet you'll find a few activity ideas and a progress tracker on the back for you to update.

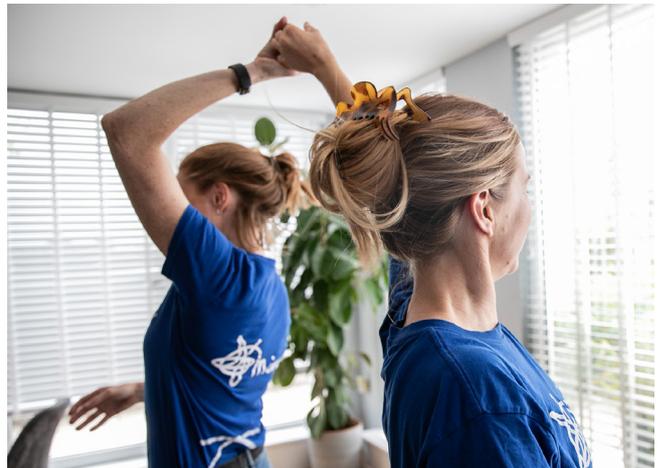
Remember, you don't have to do the same activity every day, so why not mix it up? We have an A-Z list of activity ideas which you can find on our Move for Mind resources page on our website. Here are some ideas to get you started:

Walk or run

Getting out in nature can do wonders for our mental health. Take a 31 minute walk or run in the great outdoors.

Online workout

There are thousands of workout videos on the internet. Find one that's around 31 minutes long and at a level that works for you.



Housework

What better way to get moving than to tick off a chore on your list? Whether it's hoovering or hanging out the washing, you can complete multiple tasks in the day that add up to 31 minutes.

Yoga

Do 31 minutes of yoga to help improve your strength and flexibility. There are lots of different styles to choose from, so find one that works for you and complete an online class.

Dancing

Forget about the rest of the world for 31 minutes, put on a fun playlist and get dancing! You'll be sure to feel great after this one.

Sports

Remember, any team sports or other activity that you already take part in can count towards your 31 minutes of activity, if you would like it to.

View the Move for Mind fundraising pack and resource centre [here](#).

Move for Mind Progress tracker

Use the boxes below to fill in your activity each day. Include what activity you do and the number of minutes you complete. Then you can proudly share this with your sponsors!



Here we go!							
1	2	3	4	5	6	7	
One week in! Share your first progress medal							
	8	9	10	11	12	13	
		Half way there! You've got a new progress medal					
14	15		16	17	18	19	
20	21	22	23	24	25	26	
				Final push!			
27	28	29	30	31	Daily minutes so far:	Finish	

Congratulations, you did it!

Well done for completing 31 minutes of activity everyday in January for Mind.

